

Cure Organic Farm Newsletter

Distribution Week #17

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This newsletter is also available online at:
www.cureorganicfarm.com/
csanewsletters.htm

Supplement Your Share at the Farmers' Market

For those of you who have goals of eating locally for as much of the year as possible, the Farmers' Market is a great supplement to your CSA share. If you are looking to put up that last bit of summer fare for the winter, head on down to the market and snag summer squash, basil, cucumbers and more before the first hard frost!

We are lucky in Boulder County to have our producers-only markets run until relatively late in the season. Each year the Market starts the first Saturday of April and ends the first Saturday of November (this year that's the 7th).

You may still be able to find that last box of peaches to cut up and freeze. And we

know boxes of tomatoes are easy to locate right now! You can also stock up on roasted peppers and basil for your pesto adventures.

Soon, we will begin to see bulk bags of potatoes for your root cellar (or basement), we will drag home boxes of apples and pears, more and more garlic, and fill a bushel full of onions for our winter staples.

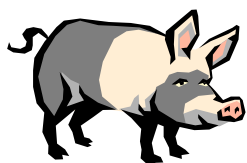
Check out the Winter Holiday Market!
Saturday, December 5, 2009 9am-4pm

The Boulder County Fairgrounds in Longmont, in the **Exhibit building**.

Important Things to Remember

Reminder to Save the Date

Join us on Sunday, October 4th for our annual pig roast and harvest celebration. The pig roast is from 3-8pm. We'll provide the pork sandwiches and tomato vegetable stew, you bring a side dish or dessert to share.



3 More Weeks

Summer CSA shares continue through October 14th.

REMEMBER: Members who pick-up at the farmers market, please make necessary plans to pick your last CSA share of the season up on Oct. 14th out here at the farm. The farm is located at 7416 Valmont Road.

The Wednesday evening markets end a week before our share does, so please come on out here to the farm to pick up your last share.

Storing Winter Squash

Fall crops tend to be fantastic storage crops. Winter Squash varieties are beautiful to decorate your home with, as well as practical in that they can all go in the oven. Be sure to use any winter squash varieties that without a stem still attached, as these squash will not store as long. Otherwise all varieties of winter squash like to be kept above freezing, in a fairly dry environment. We have had squash keep for 5 months without a blemish. For those squash that are not displayed on your table, try keeping them in a drawer or pantry for best results.



In today's share we have delicata, sweet dumpling and butternut squashes to enjoy. The delicata and sweet dumpling are best roasted with butter while the butternut makes a delicious soup. Hope you enjoy the taste of fall this week!

In your share this week:

Eggplant

Winter Squash

Radishes

Leeks

Potatoes

Colored Peppers

Cherry Tomatoes

Green Bell Peppers

Head Lettuce

Heirloom Tomatoes

Red Slicing Tomatoes

Fruit Share

Apples

Be sure to sign up for Wisdom Farm whole chickens and turkeys. Turkeys will be delivered the week of Thanksgiving.

Coming Next Week...

Onions

Carrots

Tomatoes

Peppers

And so much more.....

Recipes

Time For TOMATO SAUCE!

Tomatoes - about 35 to 45 lbs to make 7 quarts of finished sauce
lemon juice - fresh or bottled, about 1/2 cup

Making tomato sauce to can or freeze is very simple. Most recipes call for just tomatoes! When you thaw your sauce or open your jar to cook with it later, you can add spices at that time.

Assemble all of your tomatoes and begin chopping. Depending on what you do or do not like in your sauce, you can spend time removing all the seeds and the skins or just quarter the tomatoes and toss

them in a large stock pot. As the tomatoes cook they will produce plenty of liquid, so no need to add water.

Cook the tomatoes on a low simmer until they have reached a consistency you are happy with. Some people recommend grabbing the cuisinart or the blender and chopping the sauce up after it has cooked to help give it a thicker texture.

Once your sauce is where you like it, you can either can it in a boiling water canner or just ladle some into quart size ziplock freezer bags, squeeze out the air and pop them in the freezer!

If you are going to can, please read up on it to make sure you have all the tools and time to ensure safe canning. The website listed below has easy to follow instructions with pictures to go with them.

You will be delighted to pull out a jar or a frozen bag of sauce in the middle of February and taste the assortment of Heirlooms on your tongue. Enjoy!!

<http://www.pickyourown.org/canni>



Risotto with Winter Squash and Leeks

[Bon Appétit](#) | December 1999
Bread and Ink Cafe, Portland, OR

- 1-2 winter squash (about 2 pounds), peeled, seeded, cut into 1/2-inch pieces
- 4 tablespoons olive oil
- 6 cups (about) chicken stock or canned low-salt chicken broth
- 3 large leeks thinly sliced (about 3 cups)
- 2 cups arborio rice or medium-grain rice
- 1/2 cup dry white wine
- 1/2 cup whipping cream

- 1/2 cup grated Parmesan cheese
- 2 tablespoons chopped fresh sage

Preheat oven to 400°F. Place squash on large rimmed baking sheet. Drizzle with 2 tablespoons oil and sprinkle with salt and pepper; toss to coat. Roast until tender and beginning to brown, stirring occasionally, about 40 minutes.

Bring stock to simmer in heavy large saucepan. Reduce heat to very low; cover and keep stock warm.

Heat 2 tablespoons oil in another heavy large saucepan over medium-low heat. Add leeks and sauté until soft but not brown, about 10 minutes. Add rice; stir 1 minute. Add wine and simmer until absorbed, stirring constantly, about 2 minutes. Add 1/2 cup hot stock; simmer until absorbed, stirring frequently. Add remaining stock 1/2 cup at a time, allowing stock to be absorbed before adding more and stirring frequently, until rice is tender and mixture is creamy, about 25 minutes longer. Add roasted squash, cream, Parmesan cheese and sage; stir until heated through. Season to taste with salt and pepper. Serve warm.

Words to Live By

“Let it please thee to keep in order a moderate-sized farm, that so thy garners may be full of fruits in their season.”

~Hesiod

